Eat well, but watch your waistline

Friends and family demonstrate their love during the holiday season by serving extra special food that too often is high in calories.

"Those who wish to keep their weight under control have more temptation during this time of year and so might plan some strategies to avoid consuming too many extra calories," said a Virginia Tech Extension specialist in foods and nutrition.

When dieters are the guests, they might start planning a few days ahead of the event. Cut down on calories a day or two before and after. Eat a small meal before going to ward off hunger. Decide the food limits before the affair, such as "one cookie, one drink, no potato chips, three corn chips, no dip and only vegetable hors d'oeuvres." Plan extra physical activities, such as caroling or games, to offset the extra calories, said specialist Jo Anne Barton.

At the party, stand or sit at the opposite side of the room from the food. If drinks are served, select water with ice cubes or nurse one drink through the evening.

When dieters are host and hostess, they have more control over the calories. They can pass up the butter-basted turkey which has been injected with fat, and select a regular bird. They can serve the white breast meat of the turkey which is the leanest portion.

The cooks can "de-fat" the gravy, removing some calories, Miss Barton said. To do this, place the drippings from the turkey in the freezer for 10 minutes. The fat will congeal on the surface and can be skimmed off.

Low - calorie garnishes, such as sliced hard-cooked eggs, watercress or parsley sprigs, and carrot curls, can be used, the College of Human Resources faculty member said.

Simple food, unadorned with sauces and uncluttered with sweeteners, ususally is easier on the pallet and takes less preparation time, she said.

Don't prepare more food than is needed for a dinner party and end up with leftovers. It is often the leftovers that do the tempting.

Miss Barton's suggestions included "don't give up the diet." If the dieters succumb to eating too much at one meal, they should return to their diets immediately after the meal.

Loaf, chops and damson pie

Beth's Bubble Loaf
Makes on 10-inch tube
Scald: 1 cup milk or water
Stir in: 1/2 cup sugar
1 teaspoon salt
6 tablespoons shortening

Mix until sugar is completely dissolved. Cool to lukewarm. In another bowl, Measure: 1/4 cup warm water.
Sprinkle in 1 package of yeast. Stir until dissolved. Add lukewarm mixture to dissolved yeast.
Add: 2 cups sifted flour. Beat until smooth.

Gradually add, while beating: 1-1/2 cups sifted flour (about). Beat until mixed. Turn out on lightly floured board. Knead until smooth and velvety (about 10 minutes). Place in a greased bowl; brush top with oil. Cover, let rise in a warm place, free from draft for about one hour, or until double in bulk. Punch down. Knead again until soft and velvety (about 5 minutes). Cut dough into small pieces, the size of walnuts. Form into balls. Roll in melted butter. Place buttered balls, so that they are touching, in a well greased 10-inch tube pan to cover bottom. Top with 1 1/4 cup halved candied cherries and/or fruit cake mix and 1/4 cup raisins and nuts. Place the remainder of the balls over cherries, fruit and raisins. Cover and let rise again, in a warm place for about 45 minutes or until double in bulk. Bake in a moderate oven (375 degrees) for 35-40 minutes. Remove from oven and let stand for 5 minutes. Remove from pan and frost with confectioner's sugar icing. Sprinkle with candied cherries, fruit, raisins and nuts.

Congratulations to Beth Richardson, who won the "Best in the Show" award in the 1979 Railroad Festival Bake-Off Contest. This recipe is truly a delicious winner.

Baked Pork Chops and Apples
4 pork chops, 1 inch thick
1½ tsp. of Kitchen Bouquet
2 tbsp. flour
Salt & pepper to taste
1 cup of water
1 tbsp. vinegar
2 tbsp. of brown sugar
1/2 cup seedless raisins
4 apples

Brush the prok chops with Kitchen Bouquet and brown in frying pan over moderate heat.

Remove to shallow baking dish. Sprinkle with salt and pepper. Stir flour into frying pan and add water, vinegar and raisins.

Cook, stirring constantly, until thickened. Core the 4 apples. Cut into wedges. Arrange pork chops and pour sauce over the apples.

Bake at 375 degrees for 45 minutes or until chops are tender. Baste occasionally. Serve immediately.
Serves 4.

Damson Pie
¾ cup butter
¼ c. sugar
5 eggs
1 cup damson preserves
Vanilla (optional)

Cream butter, add sugar gradually. Beat in eggs, one at a time. Add the preserves. Pour into unbaked pie shell and bake at 350° for 40-45 min. (may need to cover with foil the last few minutes to keep from getting too brown.)
Serves 6.

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Goodies: from wafers to chickens

Vanilla Wafer Cake
1 cup butt
2 cups suga.
6 eggs
1/2 cup milk
1 teaspoon vanilla
7 oz. coconut
1 cup pecans - chopped
12 oz. vanilla wafers crushed

Preheat oven to 325 degrees. Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add milk, stir well. Add coconut, nuts and crushed wafers. Mix well. Stir in vanilla.

Bake in greased 12 x 9 x 2 pan for 45 - 60 minutes. Frost cooled cake.

Cream Cheese Frosting
1 lb. powdered sugar
1 - 8-oz. pack cream cheese
1/4 cup butter
2 teaspoons vanilla

Beat cream cheese, butter and vanilla at low speed until fluffy. Gradually add sugar, beating at medium speed until light and fluffy.

A special word of appreciation goes to Tootsie Eggleston and Lois Foxwell for sharing their delicious vanilla wafer cake recipe with us. This is a nutritious delicious cake, and also packed with a few calories.

Corn Bread Dressing
1 box (10 ounce) corn bread mix
8 ounces pork sausage
3/4 cup (one and one-half sticks) butter
1 cup chopped onions
1 cup chopped celery
1 cup sliced mushrooms
1 tablespoon poultry seasoning
3 cups herb seasoned croutons
1/4 cup chopped parsley
1/4 cup liquid from cooking giblets or milk.

Bake corn bread according to package directions; cool. In skillet cook sausage until lightly browned; transfer to large bowl. Melt butter in skillet; saute onion, celery and mushrooms until tender. Stir in poultry seasoning. Mix in with sausage. Break corn bread into pieces. Toss with sausage mixture along with croutons, parsley and giblet liquid. (Add one-fourth cup more liquid if baking dressing separately.) Yield: nine and one-half cups.

Many thanks to Geraldine Marshall for sharing this mouth-watering dressing with us.

Eleanor's Soft Gingerbread
1/2 cup shortening
1 egg
1 1/2 cup flour
1 teaspoon cinnamon
1/2 cup molasses
1/2 teaspoon salt
1 teaspoon ginger
1/2 cup brown sugar
1 teaspoon soda dissolved in 1 cup boiling water

Mix ingredients in the order listed. The batter is very thin. Pour into a 9" square pan and bake at 350 degrees F. for 35 minutes.

Many thanks to Mrs. Eleanor Stratton for this delicious dessert. She served this at a recent meeting of the Stonewall Extension Homemakers and it was the hit of the day!

Elaine's Pull-A-Part Bread
2 pkgs. dry yeast
1 cup lukewarm water
1 cup boiling water
1 cup shortening
3/4 cup sugar
1 1/2 teaspoons salt
2 beaten eggs
6 cups all-purpose flour
1 stick butter, melted

Dissolve yeast in lukewarm water. In large bowl, pour boiling water over shortening and dissolve.

Add sugar, salt, eggs, flour and dissolved yeast. Mix well and refrigerate overnight. Roll dough out to about 1/4 inch thick. Cut with biscuit cutter. Dip each biscuit into melted butter and stack in two greased bundt pans. Let rise about 2 to 3 hours. Bake at 350 degrees for 30 minutes.

When serving, just pull apart. Great taste! This makes 2 bundt pans of delicious hot bread.

Thanks to Elaine Moore for sharing this delicious recipe with us.

Neola's Chicken Casserole
2 cups cooked chicken breast (4 large or medium diced)
1 can water chestnuts (sliced)
1 can cream of chicken soup
1 carton sour cream onion dip or chopped onions added to sour cream
1 cup cooked rice

Mix all ingredients together. Place in casserole and sprinkle with corn flake crumbs. Melt a little butter and add to crumbs. Place over contents. Cook at 325 degrees for 30 minutes. Do not let it get too dry by overcooking.

NOTE: Many thanks to Mrs. Neola Smith for sharing this mouth-watering chicken casserole with us. She served this at a church supper and everyone was talking about it and trying to locate the "good cook" who brought it. We are running this recipe again because of many requests.

Corn Light Bread
1 teaspoon soda
1 teaspoon salt
1/4 teaspoon baking powder
2 cups water ground corn meal
1/2 cup sugar
4 tablespoons bacon fat or cooking oil
2 cups buttermilk
1/2 cup flour

Mix sugar, salt, soda and baking powder in a bowl and add buttermilk. Stir well. Add corn meal and flour, alternately. Melt fat in loaf pan and add to the mixture. Sprinkle a little corn meal in the bottom of loaf pan. Pour mixture into hot regular size loaf pan and bake at 350 degrees F. 45 to 60 minutes.

This is a delicious bread. Thanks to Barbara Montgomery for sharing this good recipe with us.

Sour Cream Potato Salad
1 cup sour cream
½ cup mayonnaise
3 tbs. vinegar
1½ tsp. salt 1/4 tsp. pepper
¼ tsp. dill

Combine above to make dressing.

Pour over 5 cups potatoes (cooked), 1 cup celery, 3/4 cup chopped onions, 2 hard boiled eggs.
Makes 5 cups.

Easy Meat Balls
1 lb. ground beef
1 medium onion, chopped finely
1 slice bread, crumbled
1 egg
1/4 teaspoon pepper
1 teaspoon salt
1 can cream of mushroom soup.

Mix all ingredients well. Form meatballs and fry in deep pan until brown. Add soup and ½ soup can of water, and simmer 30 minutes. Serve over hot cooked rice.
Serves 4

Golden Baked Chicken
4 chicken halves
4 teaspoons butter, softened
1-2 tablespoons instant minced onion
½ teasoon garlic salt
¼ teaspoon paprika
1 tablespoon parsley

Preheat oven to 425 degrees. Remove skin from chicken, place chicken in baking pan. Spread 1 teaspoon butter on each piece; sprinkle with onion, garlic salt, paprika and parsley. Bake uncovered 30-35 minutes.

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